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Body Image in Collegiate Male Athletes: Education and Awareness on an Underexplored Topic

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Cover Page Footnote

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Isn't That a "Girl Thing?"

A literature review of Male Body Image in Athletics



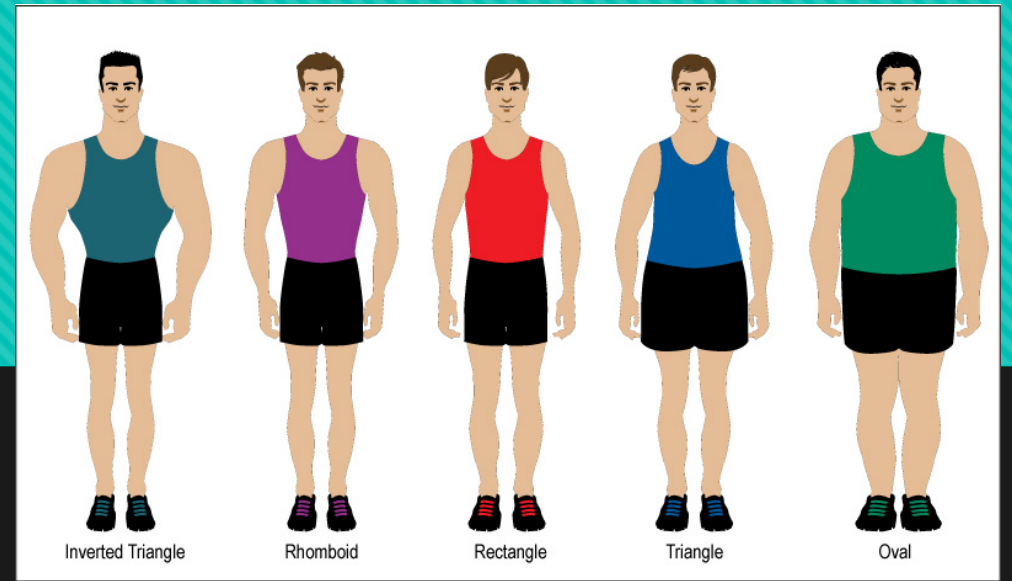
Body Image

Body image involves perceptions and attitudes toward one's own physical appearance (Phillips & deMan, 2010)

A History

- Ancient Greece and Rome
- Socialization of male identity
 - The ideal male body is associated with leanness and muscularity (e.g., Baghurst 2009)
- Social Construction

(e.g., Baghurst 2009, Alexander, 2003; Mishkind, Rodin, Silberstein, & Striegel-Moore, 1986)



Predictors

- Wrestling
- Football
 - 5% satisfied with weight
- Running
 - 37% satisfied with weight
- Bodybuilders
 - 5-10% met conditions for muscle dysmorphia

(Peters & Phelps, 2001; Parks & Read, 1997)



Why Should we Care?



- Negative Body Image→
- Lower Self-esteem
- Risk for Deleterious Health Effects
 - Exercise Dependency
 - Eating Disorders
 - Muscle Dysmorphia
 - Depression/Anxiety
 - Suicide

- Positive Body Image→
- High Self-esteem
- Self-Efficacy
 - Higher academic achievement
 - Lower behavior problems
 - Higher athletic performance

(Morgan, 2003; Thompson et al., 1999)



Best Practices for Practitioners

(Burlew & Shurts, 2013)

○ Prevention

○ Psychoeducational

- Distinguishing between healthy v. excessive exercise
- Teaching proper food choices for lifestyle
- Unlinking physical appearance and self-worth

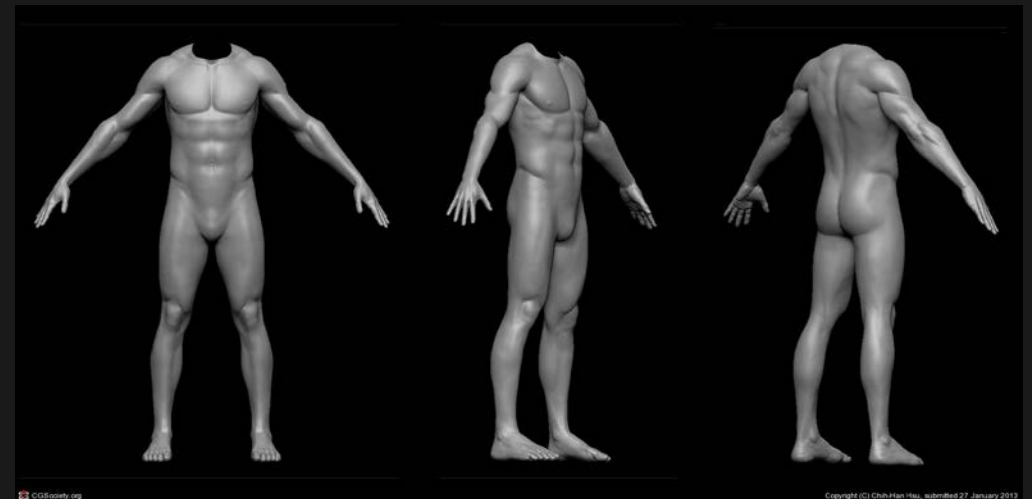
- Workshops, seminars, wellness programs, social media

○ Intervention Process

- Ask questions
- Body Image Ideals questionnaire
- Counseling and Group Therapy
 - Cognitive dissonance
 - Abstaining from unhealthy behaviors
- Trans-theoretical model, motivational interviewing, gender-sensitive therapy

Take Home Points

- 1.) Male do suffer from BID
 - 2.) Diagnostic criteria is gender specific
- >Should it be?



Questions? Thank you?